



KETO LOCOS TACOS RECIPE

These Keto Locos Tacos are an awesome take on a fast food favorite, or just a great keto-friendly way to make tacos a regular occurrence in your house. Can you say “Taco Tuesday!”? I like to make these shells with a variety of cheeses sometimes, and sometimes I just use what’s on hand. In the video I make them with Pepper Jack Cheese, which is my personal favorite for this recipe. If you don’t like Pepper Jack, or think that it might be too spicy you can use Monterey Jack Cheese instead, or even Cheddar.

One kitchen contraption that will make the shaping and standing of these shells a little easier are some [Taco Racks](#). I picked mine up on Amazon, because I could not find them in and local stores in my area. There are probably a lot of other ways you could think of to help the cheese shape itself into a taco shell, but just be careful. The Taco Racks have a somewhat limited utility outside of making this dish, though I guess they are also used for preventing your tacos from tipping over and spilling the insides all over the plate.



One major bit of advice I will give you for making these Keto Locos Tacos is to make sure that you use Parchment Paper when melting the cheese in the oven. You do NOT want to use Wax Paper, Aluminum Foil, or even a non-stick baking dish, etc. Parchment Paper works, the cheese doesn't stick to it, and you shouldn't, have any kitchen disasters with a bunch of wasted cheese. I learned on my Keto Chicken Enchilada Recipe that many people ignored that advice and I got all kinds of pictures of cheese stuck to all sorts of creative surfaces that were not parchment paper.



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Ease of Preparation: Easy

Prep Time: 20 Minutes

Cooking Time: 20 Minutes

Total Time: 40 Minutes

Ingredients:

- 1 Pound Grass-Fed Beef
- 12 ounces Pepper Jack Cheese
- 1/2 Medium White Onion
- 2-3 Roma Tomatoes
- 1 Bunch Cilantro
- 3 Tablespoons Cumin
- 2 Tablespoons Chili Powder
- 1 Tablespoon Paprika
- 1/2 Tablespoon Granulated Garlic
- 1/2 Tablespoon Onion Powder
- Salt & Pepper (Optional)
- Sour Cream (Optional)
- Hot Sauce (Optional)

Instructions:

1. Preheat the Oven to 350°F.
2. Shred your block of preferred cheese. I prefer Pepper Jack, but I have had great success using Cheddar, Monterey Jack, and other cheeses too.
3. Place about 2 ounces of shredded cheese onto each piece of parchment paper, on a large baking sheet.
4. Bake the cheese in the oven initially for about 8 to 10 minutes. You will want to cook the cheese long enough for it to bubble, and for the outer edge of the cheese to start to get crispy. I recommend removing them from the oven around this time so that you can place them onto a taco rack, or something similar that will allow you to place them back into the oven to finish baking for a few minutes to crisp up even more into the shape of a taco shell.
5. You will want to remove the cheese shells from the oven and allow to cool a little while before serving so that you can hold them with your hands.

6. While the cheese shells are cooking, prep your toppings that you want to put on your taco, and get your beef or other meat of choice cooking on the stove too.
7. To make my own Taco Seasoning I combine 3 Tablespoons Cumin, 2 Tablespoons Chili Powder, 1 Tablespoon Paprika, 1/2 Tablespoon Granulated Garlic, and 1/2 Tablespoon Onion Powder or Granulated Onion. I will also add some salt during cooking usually too.
8. Brown the Grass-fed Beef over Medium High Heat and season with the Keto Taco Seasoning mixed above. Be sure to use a utensil to chop the meat up even further into finely ground beef.
9. When all the ingredients are ready plate your taco shells and fill with the meat and toppings. I will also often add some sour cream and hot sauce to the top.

SPECIAL NOTE: You can also use this cheese shell technique and place them over small bowls instead of on Taco Racks to make Keto Taco Salad Shells! You can also use more or less seasoning, or switch out the seasoning that I use for whatever you prefer to season your taco meat with. Just be sure to check to make sure that your taco seasoning does not have things like Dextrose or Maltodextrin in the ingredient list if you use something from off the shelf at the grocery store.